

MCAS New River Resources

MCCS

Marine Family Service Center	449-6110
Kids Deployment Workshop	449-5259
Stress Management Workshop	449-6110
Marriage Enrichment Workshop	449-6110
Pre- & Post-Deployment Brief	449-6110
Family Team Building	449-5343

Chaplain	449- 6172
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Marine Corps Base Cherry Point Resources

Chaplain (CREDO)	252 -466-4000
Marine Corps Family Team Building (Pre- and Post-Deployment briefs)	252 -466-4908

Marine Family Service Center (Deployment Support Services, Kids + Deploy, Return and Reunion Workshops, Stress Mgmt, Counseling)	252- 466-3264
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Navy/Marine Corps Relief Society	252- 466-2031
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American Red Cross	252-637-3405
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Substance Abuse Counseling Center	252- 466-7568/2273
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Counseling Services	252-466-3264
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New Parent Support Services	252-466-3651
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Personal Readiness & Community Support	(252) 466-4401
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Naval Hospital Cherry Point Psychology Dept.	(252) 466-0500
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OTHER

Community Counseling Center Family Advocacy/Counseling	451-2864
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Health Promotion, MCCS Financial Counseling Anger & Stress Management Healthy Relationships Suicide Prevention Sexual Assault Child Abuse Prevention Domestic Violence Prevention	451-2865
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Veterans Administration VA provides assistance to Marines and Sailors if you are being discharged due to a medical condition or retirement purposes. To schedule an appointment, please call 451-0801.	451-0801
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Navy/Marine Corps Relief Financial Assistance Budget for Baby Visiting Nurses	451-5346/5584
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Armed Services YMCA	451-9569
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PMO	911
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Red Cross	451-2173
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II MEF Family Readiness Officer and II MEF Key Volunteer Center www.iimefpublic.usmc.mil	451-8981
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Marine Corps Family Team Building Lifestyle Insight Networking Knowledge and Skills (LINKS) Exceptional Family Member Program New Parent Support Program "Before I Do" - Marriage Foundation Key Volunteer/Family Readiness Officer Training	451-0176
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USO Chamber of Commerce Project Care – Jacksonville/Onslow	455-3411 347-3414
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Naval Hospital Health Promotion	451-7591
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DEPLOYMENT, RETURN And REUNION PROGRAM

Support Services For Active Duty Members and their Families



Camp Lejeune, MCAS New River
and Cherry Point
North Carolina

Self-Help Resources

Deployment Information Line 1-800-451-MCCS (6227)

Web page Resources

<http://lej-www.med.navy.mil/DRRP/DRRP.htm>

Deployment Guide available on the internet at:

http://www.mccslejeune.com/mcftb_frame.htm

Web Sites

The Marine For Life-Injured Support Program (866) 645-8762

- Provides direct assistance to injured Marines and Sailors and their families from the time of injury, through transition, and until their needs are met
- Available online at www.M4L.usmc.mil

Operation Iraq Freedom Marine Link

<http://www.usmc.mil/marinelink/mcn2000.nsf/oif>

MCCS — Download the Pre-Deployment Guide

<http://www.mccslejeune.com>

For Pre-Deployment

2D Marine Division Psychiatry 450-8598

- Psychiatric Consultation and Liaison Service

Pre-Deployment Brief & Guide 451-0176

Offered by Marine Corps Family Team Building

- Emotional Planning
- Emotional Cycle of Deployment
- Children and Deployment
- Briefs scheduled as needed

Kids and Deployment Workshop 451-0176

Offered by Marine Corps Family Team Building

- Interactive workshop designed to help children deal with parental separation.
- Command requested and also offered once a month to all beneficiaries.

During Deployment

Beyond The Brief - 6-Week Workshop 451-0176

Offered by Marine Corps Family Team Building

Week 1: When Coping is More Difficult than I

Thought / Separation – The Stress, The Anxiety, The Fear

Week 2: Should I Stay or Should I Go? / Safe and Sound

Week 3: Understanding the Money

Week 4: CACO – The Process

Week 5: Combat Stress vs. PTSD

Week 6: Homecoming – It's a Good Thing / Redefining Family Roles

Call for date and times of classes.

In the Midst 451-0176

Offered Marine Corps Family Team Building

- Workshop for spouses mid way through a deployment to enhance the tools necessary to sustain military separation.

Deployment Stress - Open Meeting 450-4700

Offered by Naval Hospital

- For active duty and family members
- Screenings, education, and referrals for more intensive care if indicated
- Wednesday of every month at 1800
- CREDO Bldg. 2461 on Tarawa Terrace 2

Marine Corps Base Chaplains 451-3210

- Reintegration & Redeployment Program
- Warrior Transition
- Pastoral Care & Counseling
- Spiritual Formation
- Crisis Intervention
- **After Hours Contact 450-2414**

New Parents Support Program 450-1540/1541

- Home Visitation
- Mommy and Me
- Parenting Education

Return & Reunion

Deployment Stress - Open Meeting 450-4700

Marine Corps Base Chaplains 451-3210

Post-Deployment Adjustment Group 450-4700

- For active duty and family members
- By referral from Primary Care Providers to Mental Health Clinic only
- Groups held each Wednesday from 1900-2030
- CREDO Bldg. 2461 on Tarawa Terrace 2

Beyond The Brief - 6-Week Workshop 451-0176

Marriage Enrichment Workshop 451-0176

Community Counseling Center 451-2864

Provides counseling services on topics that include, but are not limited to: Personal Problems, Substance Abuse, Marital/Family problems, Step Family issues, Parenting/Single Parenting, Separation/Divorce, Anger Management, Child Behavior problems, Stress Management, Sexual Abuse, Challenges of Adolescence, and Pre/Post Deployment Issues. Services at the Family Counseling Center are available for one-on-one counseling and group support sessions.

Self Referrals for Active Duty Members 450-4700

- Active Duty members experiencing problems post deployment may be seen in the Mental Health Clinic without referral from their BAS or clinic

2D Marine Division Psychiatry 450-8598

- Routine Unit Return on request
- Psychiatric Consultation and Liaison Service
- Post Deployment Brief offered every Wednesday at 1300.

Spouse Return and Reunion Workshop 451-0176

Kids Return and Reunion Workshop

- Offered simultaneously
- Education opportunity to prepare yourself for the return of your Active Duty loved one.